

# **ROCKY FOOTBALL 2025 J.V. OFFSEASON SCHEDULE**

## **PHASE 1 (WT. ROOM)**

Dec. 30 to Feb. 28	Lifting Mon-Tu-Th-Fri	5:50-6:55 AM
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Feb. 26	Player & Parent Registration meeting	6:00-7:30 PM
	On-line registration until August 1 <sup>st</sup> , 2025	

### **Installation Dates**

**Offensive Install – 8:00 - 8:45 AM**

**Defensive Install - 8:45 - 9:30 AM**

March 1	
March 5	(Wednesday, no school)
March 29	
April 11	(Friday, no school)
April 12	(Morning of local 7's tournament)
April 19	
May 3	(Morning of local 7's tournament)

Mar. 11	Club & Activity Open House	6:00 PM
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Mar. 3 to May 16	Lifting Mon., Thur.	3:00-4:00 PM
	Lifting Tues., Fri.	5:50-6:55 AM

Spring Break Mar 17-21	Lifting Mon-Tu-Th-Fri	10:00-11:00 AM
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May 6	Physicals by appointment ONLY
	ALL 9 <sup>th</sup> , 11 <sup>th</sup> and NEW to Rocky athletes
	You will get information to sign-up in April

May 19-22	Practice M-W-Th	3:45-5:45 PM
Note: Spring Ball (Non-Padded)	Lifting Mon-Wed-Thu	5:45-7:00 PM

May 20	Lifting	5:50-6:50 AM
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May 20 Graduation	NO PRACTICE DUE TO GRADUATION
May 23 Last Day of school	NO PRACTICE – Enjoy the 4-day weekend

## **PHASE 2 (WT. ROOM/CONDITIONING/FB CAMP)**

May 27-29	Morning install and Weights/Conditioning	
	Tu-W-Th	7:00-10:00 AM

May 27-28	CUBS CAMP (K-2)	9:00-11:00 AM
	CUBS CAMP (3-5)	12:00-2:00 PM

May 27	Gear will be issued	6:30-7:30 PM
	Football Office	

## **ROCKY FOOTBALL 2025 J.V. OFFSEASON SCHEDULE**

June 2-5	Morning install and Weights/Conditioning M-Tu-W-Th	7:00-10:00 AM
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June 9-12	Morning Weights/Conditioning M-Tu-W-Th	7:00-8:00 AM
	ROCKY MOUNTAIN FOOTBALL CAMP J.V. (at Skyview or Capital)	5:30-8:00 PM
	See the camp schedule for location	PM: 5:30-8:00

### **PHASE 3 (WT. ROOM/CONDITIONING)**

June 16-July 1	Weights/Conditioning M-Tu-W-Th	7:00-10:00 AM
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June 16-17	MIDDLE SCHOOL SKILLS CAMP <a href="#">This is a non-padded camp</a>	10:00 AM-12:00 PM
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June 30-July 13	We need to make a plan for WHERE we lift. The GYM will be closed for the floors to be resurfaced. There will be NO ACCESS.	
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July 2-4	OFF (WEIGHT ROOM CLOSED FOR THE HOLIDAY)	
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July 7-24	Weights/Conditioning M-Tu-W-Th Frosh lifting ends JULY 24	7:00-10:00 AM
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July 28-30	Night of Champions Week at OTF	5:00-8:00 PM
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July 31	Camels Back Park	7:00-9:00 AM
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August 4-10	DEAD WEEK – <u>NO TEAM ACTIVITIES</u>	
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August 11	1 <sup>st</sup> Day of Practice	3:40–6:00 PM
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August 13	1 <sup>st</sup> Day of School (Practice)	3:40-5:30 PM
	Parent Meeting w/Troy Rice	6:00 PM
	RM Auditorium - <u>MANDATORY</u>	

August 15	Adult Night Out Auction	TBD
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